UNITED KINGDOM
Short-Term and Academic Year Immersion
2011-12 Program Guide
The University of California, in accordance with applicable Federal and State law and University policy, does not discriminate on the basis of race, national origin, religion, sex, gender identity, pregnancy,* disability, age, medical condition (cancer-related), ancestry, marital status, citizenship, sexual orientation, or status as a Vietnam-era veteran or special disabled veteran. The University also prohibits sexual harassment. This nondiscrimination policy covers admission, access, and treatment in University programs and activities. Inquiries regarding the University’s student-related nondiscrimination policies may be directed to the campus Equal Employment Opportunity/Affirmative Action office.

*Pregnancy includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth.
YOUR UCEAP NETWORK

EAP Online

Bookmark your Participants program page; it contains vital resources and requirements you need to know before you go abroad, including the Predeparture Checklist, UCEAP Guide to Study Abroad, Program Calendar, EAP Student Budgets and Payment Vouchers, and policies.

Local EAP Support

Campus EAP Office

The Campus EAP Office coordinates recruitment, student selection, orientation, and academic advising, and serves as your primary contact during the application process.

UCEAP Systemwide Office

The UCEAP Systemwide Office establishes and operates programs and coordinates EAP administration for all UC campuses from its headquarters in Goleta, California. You will work closely with the following Systemwide Office staff:

- **Program Advisors** communicate program information, both academic and operational, to students and campuses, and coordinate and provide academic and administrative support in all aspects of your participation.
- **Operations Specialists** coordinate the logistics of the program. Document requirements, visa application instructions, health and safety precautions, placement and acceptance by the host institution, arrival and on-site orientation, and housing arrangements are examples of program details the Operations Specialists coordinate.
- **Academic Specialists** advise on academic policies; review and record courses taken abroad for UC credit; process student registrations, petitions, and grades; and document and maintain students’ academic records.
- **Student Finance Accountants** assist primarily with EAP statements, program fee collection, and financial aid disbursements (in conjunction with your campus Financial Aid Office).

Contact Information

**Operations Specialist**

Michelle Bobro

**Phone:** (805) 893-3246; **E-mail:** mbobro@eap.ucop.edu

**Academic Specialist**

Francesca Latham

**Phone:** (805) 893-2810; **E-mail:** flatham@eap.ucop.edu

**Program Advisor**

Kelsey South

**Phone:** (805) 893-3246; **E-mail:** ksouth@eap.ucop.edu

**Student Finance Accountant**

Rachel Wilson

**Phone:** (805) 893-5927; **E-mail:** studentfinance@eap.ucop.edu

**UCEAP Systemwide Office**

6950 Hollister Avenue, Suite 200
Goleta, CA 93117-5823

**Phone:** (805) 893-4762; **Fax:** (805) 893-2583
Study Center Abroad

This program is administered from an EAP Study Center with a UC faculty consultant and program officers. Study Center locations are in London and Edinburgh. Study Center staff will advise you on academic matters and ensure that your academic program meets UC requirements. They also provide general information and help with living in the United Kingdom. The host university also has advisors who will work with you to plan your course of study.

The Study Center is the first point of contact for advice or assistance during the year.

Contact Information

London Study Center
3 Bedford Square
London WC1B 3RA, United Kingdom

Phone (calling from the U.S.): (011-44-207) 079-0562
Phone (calling from the U.K.): 0207-079-0562
E-mail: studentsupport@californiahouse.org.uk

Edinburgh Study Center
50 Buccleuch Street
Edinburgh EH8 9LP
Scotland, United Kingdom

Phone (calling from the U.S.): (011-44-131) 662-8988
Phone (calling from the U.K.): 0131-662-8988
E-mail: staff@uceapedinburgh.org.uk

Phone Number Codes
U.S. international code ............. 011
(dial this to call from the U.S.)
United Kingdom country code .... 44
London city code .................. 207
Edinburgh city code .............. 131

Approximate Time Difference
Add 8 hours
“EAP STUDENTS SAY...
Things aren’t organized for you like they are at UC. There’s a lot more that you must do to keep up with a course. For example, a professor will give you a long list of recommended reading instead of a course reader with set readings. It requires more time and energy in the library. You’re expected to be capable, ready, and interested enough to research in your free time.
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**ACADEMIC INFORMATION**

**Program Overview**

You will most likely be assigned an academic advisor who will help you plan an appropriate course of study based on your preparation and host university offerings. If your host university does not assign such an advisor, you may rely on the staff of the International Office or Department Course Organizers.

In the United Kingdom, students usually follow a more specialized academic curriculum than is the case at UC. During the year abroad, plan to take most courses in your major at an upper-division level; completion of all lower-division requirements in your major is recommended prior to departure. Many host universities limit the amount of course work that can be taken outside the major.

Generally, fewer courses are offered than at UC; depth rather than variety is stressed. There are also fewer hours of formal instruction and a greater expectation of independent work. The assigned tutorial advisor or director of studies will help you plan an appropriate course of study and is always available to discuss progress and offer advice during the year. Once a plan of study is chosen, students often continue with it throughout the year.

You are encouraged to take advantage of course offerings not normally available at your UC campus. If preparation is adequate, you may enroll in honors courses with second- or third-year host university students. Many year-long courses are offered.

Most EAP students find academic programs in the United Kingdom interesting and challenging. Classes at British universities tend to be small by American standards, particularly in the humanities and social sciences. The smaller size creates a stimulating learning environment, often with more personal instruction and student-teacher interaction than at UC. If you are in the sciences and engineering, you will most likely find a greater emphasis on practical (laboratory) work than at UC.

You will choose one field of concentration during the year with the expectation that you will do most, if not all, of your course work in that field. You will concentrate more in a single subject than is done at UC. Depending on the host university, you may be permitted to do some course work outside that field. However, most host universities limit the amount of such course work.

Plan to deepen your understanding of the field in which you have completed introductory work.

**Internship Opportunities**

You are encouraged to seek out internship opportunities in business and industry, the professions, government, the arts, or with non-profit public interest groups in the United Kingdom. Past UC students have taken part in science research projects with host university professors, archaeological explorations, arts festivals and other exciting internships which they have found greatly rewarding and often very beneficial to their future studies. While such internships are not arranged directly by UC, Study Center staff will support applications and do their best to facilitate placement.

UCEAP offers a limited number of internship opportunities in London. Please consult the London Study Center for details and internship availability.
If you plan to participate in an internship, obtain the Tier 4 Student Visa before departure from the U.S. Recent changes to U.K. laws prohibit any student from working, interning, or doing volunteer work unless they hold a Tier 4 Student Visa.

Host University Information

- Visit the United Kingdom program page on the EAP website to learn more about your host university.

Most British universities offer a three-year undergraduate program leading to a bachelor’s degree; Scottish universities offer a four-year program. In their first year, students are already at the equivalent of the sophomore year in a U.S. university. Rarely do students change majors or undertake a double major in widely disparate fields (e.g., English literature and psychology). Instead, students study a single subject for the entire bachelor’s degree program. Work commonly done at the first-year college level in the U.S., such as lower-division mathematics, is completed in secondary schools and is rarely available at universities. However, many universities now offer beginners foreign language instruction and some offer broad curriculum courses in other subject areas too.

Most UC students are placed at the second-year level for work in their major department, although first-, third-, and fourth-year course work may be taken, if appropriate. In the United Kingdom, as in the rest of Europe, professional study, such as law or medicine, is done at the undergraduate rather than the post-graduate level. Consequently, if you are in a subject such as physiology or some branch of biology, you may be taking some of your courses in a medical school. If you are in a major such as law and society, limit your schedule to one law course per term. Aim to take classes in jurisprudence or international law rather than in areas of specifically British legal practice, such as criminal, civil, or family law. Classes in sociology, criminology, politics, and history are appropriate for UC pre-law majors.

Course Information

Registration

- There is limited capacity for drama and art studio majors.

Try to be flexible as you begin the course registration process at the host university; it can be a cumbersome and decentralized process. Depending on your host university, you will register in one of the following two ways:

1. By directly visiting individual departments, completing a module choice form in which you select courses, and returning the completed form to a host university administrator who maintains the academic record. In some cases, the host university’s international student office reviews the course list and inquires with the departments about course availability.

2. By being enrolled in courses directly by the International Student Office.

Keep in mind that the courses chosen prior to departure are not guaranteed; course registration is confirmed either shortly before or after arrival, depending on your host university’s registration process. Confirmed courses will sometimes appear in your admission letter from the host university. It can sometimes be difficult to change courses once the term has begun, so be sure to choose your courses thoughtfully.
If you are a graduate student with EAP-approved study plans, you can be accommodated in most fields. Admission is more likely if you establish contact during the application process with a possible sponsor for a particular project. In addition to reviewing information in this guide, see EAP’s graduate web page and contact the Campus EAP Office for more information.

Honors (third-year) courses in the departments of Humanities and Social Sciences have limited space at some universities. This has particularly been the case in the fields of English, history, literature, politics, psychology, and sociology. If you are interested in any of these areas, you must be flexible about course choices.

**EAP Minimum Load**

While on EAP, you are required to take a full-time course of study and enroll in a minimum of 21 UC quarter units each semester or 14 UC quarter units each quarter. You are also required to enroll in what the host university considers a normal, full-time course load for its students. This load will vary widely among the universities.

The course load generally transfers as 42 to 48 UC quarter units for the year. If you are approaching your campus maximum at graduation, you may petition to have your total number of units reduced, but this reduction will not involve a reduction in workload. Even with a reduced number of units, you will be expected to complete the normal course load with no reduction of the work required in each course.

**Instruction**

In general, British students are expected to engage in more independent study than are students in U.S. universities. Contact hours with faculty instructors are fewer than in a U.S. university, but usually more intense. Also, instead of textbooks, wide-ranging book lists are employed, giving you an opportunity to read broadly in a given field. Instruction generally consists of lectures, seminars, tutorials, and labs or practicals. Science courses usually integrate the lecture and lab into a single course. The tutorial system includes formal and informal teaching conducted in small groups where you can discuss written work or topics you have prepared. Tutorials may consist of reports and discussions, with each student contributing a different experience to the whole. The tutor facilitates the discussion and gives guidance on future work.

Essays are an integral part of undergraduate life, often even for science and engineering students. Any academic work submitted late will be marked down and may even receive a mark of zero.

Seminars are larger group discussions, usually based on short papers written in advance by one or two students. In seminars, you will be encouraged to contribute your own views and test your opinions against those of others. Tutorials and seminars are supplemented by lectures, which are often used to cover the groundwork in a subject. Lectures, which may be on very diverse subjects, often are neither required nor tested; instead, the assessed academic work tends to be accomplished in the tutorials. Instruction may also be divided into both core courses (lectures and tutorials) and special papers or projects. You may be expected to select a mix of both kinds of courses in the same fashion as the host university students.
Grade Reporting
Grades are reported by the host university administration or by host university professors to the Study Center, where the UC grades are assigned. For more detailed information about grades, see the Academic Information chapter of the UCEAP Guide to Study Abroad.

Academic Culture
To the UC student caught up in the intensity of 10-week quarters (or 12-week semesters) and accustomed to the anonymity of large lectures, the British university systems may sound like academic paradise. But be prepared; in fact there is much that you will find unfamiliar in the British systems. You will spend much time during the early weeks at the university simply learning this different university culture.

The pace and the amount of direction you will receive will be different. Rather than receiving a syllabus detailing what to read for each class meeting, expect to simply receive a long reading list. This list will constitute the material of the course and you will likely need to find your own way through the reading. Tutors and lecturers may give some guidance about what will be covered in a certain class meeting, but they may also assume that you are familiar with the works on the list. This lack of specific direction can be frustrating, especially at the beginning. Expect to ask questions about reading, background knowledge, and the like.

Faculty members, most often called lecturers (professor is a rare title held only by the head of a department or the holder of a chair), can frequently be found in their offices, but they are not generally required to hold specific office hours. Like their UC counterparts, some are readily available, some elusive.

You will have to adapt to the relative infrequency of class meetings. Classes typically meet once a week. At some host universities, there will be one lecture and a tutorial/seminar meeting each week. Although you will spend far less time in class, this does not mean less work. You will be expected to read more independently. An exception to this schedule applies to the science classes, which often involve frequent class meetings and long lab sessions, called practicals. Since most classes meet infrequently, each class meeting is extremely important; come to class prepared and expect to participate when appropriate. For the most part, UC students are used to speaking up in class and frequently find that this gives them an advantage over the local students who are sometimes more reticent about participation.

You may need to buy some texts; however, fewer texts are required than at UC and you can use more library resources. Unfortunately, academic libraries in the U.K. are generally not as user-friendly as the UC libraries. The collections are typically smaller, and the hours more restricted. Students frequently photocopy the chapters and sections of books they need. (The costs of photocopying are about twice what they are in California.)
Independence
You are expected to be more independent than you might normally be at UC. There is rarely any immediate accountability for the material presented in lectures; students often demonstrate their mastery of material in exams at the end of the year. There are no regular tests, and few assignments other than papers provide feedback. As a result, you may not know where you stand academically in some courses until completion of final exams at the end of the academic year. You will need to work with less direction, fewer in-term assessments, and less sense of how your performance will finally be judged. The advantage of such a system is that you can set the agenda of your own education and tailor it to your particular interests.

Writing Ability
There is more emphasis on writing in the U.K. than at UC, and you may need to submit two or three essays per term, even in the sciences or mathematics. Excellent writing ability is the norm, and marking down for poor writing, spelling, and grammar is common. Seminars and tutorial sessions often require papers and oral reports.

Most British students have been trained rigorously in writing. The majority of their A-levels (exams required for entrance to English universities) and Scottish Higher Exams are written in essay format. Significant emphasis is placed on literacy, not only if you are in the humanities and social sciences, but also if you are in the sciences. It is important to express intelligent ideas clearly and coherently using well-supported arguments. Spelling and grammar errors are unacceptable. This is as important in exams as it is in essays written during the term. Change your laptop setting to “English (U.K.)” and use the Spelling and Grammar function.

You will need to familiarize yourself with a different style of essay writing. Instructors typically expect more outside (secondary) sources to be evident in essays than at UC. A good essay will attempt to insert itself into the critical discourse on the topic, not appear simply as the writer’s personal thoughts. Research your topic thoroughly (or more thoroughly than the hectic pace that UC quarters generally allows) and use that research in your essay. Pay close attention to the correct citation of sources. Plagiarism, even if accidental, will incur severe penalties.

Exams
Exams are a serious business in British universities—far more so than almost any final exam at UC—and local students prepare for them in earnest since their entire final standing may be riding on the result. Often, 70 percent or more of the final grade is based on exams. Although EAP final grades may not be entirely determined by final exams, they are the academic area in which UC students tend to have the most difficulty. Keep up with your reading and class attendance throughout the year so that final exam time will not be unnecessarily stressful. In the past, exams were typically held at the end of the year for all courses, but with the new modular system (semesters), exams are increasingly taking place at the end of the term.
**Full-time Participation**
You are expected to remain in the program through the entire period as noted in the EAP program calendar. (See Section 8 in the Student Agreement.) Sometimes students can register for courses that do not have final exams at the end of the program; such courses require papers or projects than can be completed in the middle of the final two-quarter period. Host universities often have a “revision” period without classes, which is intended for intensive study and final exams. Although you may be able to choose courses you can complete prior to the revision period, you are required by EAP to choose at least one course that goes through the entire program, or do an independent study or something similar, in order to remain actively involved at the host university until the end of the program. There are reciprocal exchange, housing, visa, and other issues involved. If you depart early for any reason, you will be withdrawing from the program and must submit a Petition to Withdraw.

**Study Habits**
Students in the U.K. may appear rather puzzling in their study habits. They may seem to study very little, especially early in the term. This is particularly true of first-year students, who most often are not required to do more than pass their exams. However, some of this appearance may be deceptive. While American students may be accustomed to talking about how much and how hard they have to work, British students are not, and in fact like to appear altogether nonchalant about their studies, as if there is always time for a free evening. UC students have come to suspect them of being closet scholars, working in secret on weekends late at night. Whatever the case, you will probably find that your own secret weapon is the study habits formed in the crucible of a pressured quarter or semester system.


**CULTURAL AWARENESS**

**Educate Yourself**

“Nothing gives the English more pleasure, in a quiet but determined sort of way, than to do things oddly.” —Bill Bryson

You are encouraged to become as acquainted as possible with Great Britain prior to departure. Keep up with current events by reading articles in newspapers and magazines, and by watching films set in contemporary Britain. UC libraries subscribe to the main daily newspapers published in London, and weekly or monthly magazines of news and commentary also should be available.

**Recommended Reading**

American universities and their counterparts in the United Kingdom are very different. These books will give you an idea of what life is like at a British university.

- **Amis, Kingsley**  

- **Snow, C. P.**  

Intrigued by differences between Americans and the British? These books offer a look into Britain’s academia and society, often from an American perspective.

- **Bradbury, Malcolm**  

- **Hornby, Nick**  

- **Lodge, David**  

- **North, Freya**  
  *Sally*, Heinemann, 1996.

**Travel Guides**

EAP students report it is wise to acquire a few guidebooks before departure. There are a number of travel books that give comprehensive accommodation, sightseeing, historical, and travel information, covering practically all countries of the world. Suggested travel series include the Rough Guide, Lonely Planet, Blue Guide, Michelin Guide, and Intelligent Traveler’s Guide. Other resources are Time Out, DK, Insight, and Footprint guidebooks.
Culture Shock

You will likely hear much about it culture shock in your EAP campus orientation meetings. Some students feel that the term overstates the matter, others may feel that shock is just the right term to describe how it feels to adjust to a location where everything can seem cold and gray. In any case, adjusting to life, even in a country where the language is the same and much of the popular culture is shared, can present significant challenges.

Though many returned students describe their EAP year as “the best year” of their lives, they admit that genuine effort is required, especially in the first term, to make the adjustment.

To begin with the obvious, Californians need to adjust to a significantly cooler, darker, damper climate. In fact, compared to much of North America, the British Isles experience a mild climate, warmed by the Gulf Stream. But this may seem increasingly irrelevant after weeks of overcast skies and temperatures in the 30s and 40s. UC students frequently express an anticipatory preference for living in the southern part of Britain, as if this will make a significant difference in the weather; in fact the difference is rarely more than 5 degrees between Scotland and the North and the southern counties of Kent, Sussex, or Devon. Few Californians are prepared for the increasing dark of November and December. Because of the latitude of Britain, the days approaching the winter solstice grow very short, and darkness lasts from approximately four in the afternoon until eight in the morning. Even when it can be seen, the sun is low on the horizon. Students encounter the most difficult times in late November and December, when the combination of gray weather, shortened days, adjustment to a new academic system, and homesickness bears down the hardest. The compensation, of course, is the impressive explosion of spring and the relatively longer days of May and June. Virtually all students report that they feel considerably more at home in their host universities after the winter break.

Class and Race Consciousness

While Great Britain has changed much in the past 15 years, class stratification is still a part of its society, and you are likely to be aware of some degree of class consciousness among your British peers. A smaller percentage of the population attends university in the U.K. than in the U.S., which means that a given university may be less representative of the population as a whole. But because students traditionally leave home to go to a university just as in the U.S., the political and social character of a university cannot be predicted by its location. Try to be open to a variety of social and political attitudes on the part of your peers in Britain.

The United Kingdom is most emphatically a multiracial society and has experienced, and continues to experience, many of the racial tensions that beset American society. But the mix of races is quite different; in addition to Africans and Afro-Caribs, Britain has a sizable population from the Asian subcontinent, including Indians and Pakistanis, but in relation to California, a smaller number of East Asians. Moreover, ethnic minorities represent quite different cultural experiences, deriving their place in contemporary Britain from the nation’s comparatively recent colonial past.
British people are very much aware of the need for racial tolerance and sensitivity, but as ethnic groups are unevenly spread across the country (minorities typically concentrated in London and the large cities of the Midlands and North), they vary a great deal in their actual experience of racial diversity. While Britain’s differences from the U.S. should not affect the degree of acceptance and friendliness toward non-Caucasian American students, it may mean differing assumptions, even misunderstanding at times, about the backgrounds of such students. Political correctness is as much a part of discourse in Britain as in the U.S., but it means different things and elicits a variety of attitudes.

**Social Conduct**

**Socializing**

Making good friends with local students is clearly important to the process of adjusting to student life. Past EAP students report that the best way is to join some of the clubs and sports teams that are available. Nearly all students studying at British universities have remarked that the fabled British reserve is more than just a stereotype, even among young people; they find that friendships are slower to form than they expect, and some effort is frequently needed to get to know fellow students. But people are as different in different parts of the country as, for example, Californians are from New Yorkers, and Scots and Northerners insist that they are more outgoing than the reserved Southerners.

The Study Center will organize a Thanksgiving lunch event. All students are invited and strongly encouraged to attend.

**Drinking and Smoking**

You will also find quite different practices and attitudes toward drinking and smoking. In general, British students use pubs for socializing a great deal, and a night out may be more frequent and involve the consumption of more alcohol than you may be used to. You are not required to adopt this cultural practice and should note that pubs do serve a range of nonalcoholic beverages. Coffee shops are becoming increasingly popular. Smoking, while more controlled than a few years ago, is still quite common, especially among university students. Smoking is illegal in all public, enclosed places.

**Sexual Orientation**

Although the British are not as open about sexuality, especially in the smaller cities, you will find that larger cities, especially London, have well established Gay, Lesbian, Bisexual, and Transgender (GLBT) communities. Publications such as *Time Out* list GLBT-friendly events and venues in London and EAP staff will have further contact information. In addition, most universities offer GLBT clubs. The age of consent for gay males is 16 years. There are no legal prohibitions against lesbianism.
ARRIVAL & ORIENTATION

Travel Documents
You are not required to present a birth certificate to the host university, even if requested. Your passport is sufficient identification.

Make photocopies of all important documents and keep the copies in a separate location from the originals. Also recommended is to have accessible an electronic list of passport and credit card numbers, and any other personal information that can be stolen or lost and will need to be replaced.

Length of Stay
If the British consulate (before departure) or an immigration officer (after arrival) asks if you are “leaving the U.K. within six months,” be sure to answer “No” and explain that you will attend university for the full academic year (or shorter term). You are not being asked about your vacation or travel plans, although the question may sound like that. Different stamps are placed in the passport depending on the length of time you will be an enrolled student.

Entry Clearance
If you are attending university in England or Scotland for the year, you must obtain an entry clearance called a Tier 4 Student Visa (for the year) prior to departure from the U.S. The clearance is obtained from the British consulate in Los Angeles.

If you are a U.S. citizen attending university for only one term, you can obtain an entry clearance called a Student Visitor Visa upon arrival in the U.K. by showing required documentation of student status and evidence of financial support. However, if you want to work, intern, or do volunteer work in the U.K., you must obtain a different entry clearance, called a Tier 4 Student Visa (for a short term), before departure.

Detailed information about the entry clearance (for both year and short-term programs) can be found in the online EAP Predeparture Checklist.

If you are a non-U.S. citizen attending university for only one term, check the British Consulate website immediately to find what process is required for students from your country of citizenship.

Rules About Traveling to the U.K.

Do not travel to or through Ireland on your way to the United Kingdom.

The United Kingdom is part of the Common Travel Area Arrangement (CTA), which also includes the Republic of Ireland, Channel Islands, and Isle of Man. The first entrance into the CTA dictates the type of entry clearance stamp or entry clearance activation you will receive. This means that if you arrive first in Ireland on your way to the U.K., you will receive an “in transit” stamp even if you already have a U.K. entry clearance from the British consulate in your passport. If you receive an “in transit” stamp, a U.K. entry clearance for a year’s study will not be activated upon arrival in the U.K. and an entry clearance for short-term study will not be given because the CTA has already been entered.
U.K. immigration officers may not be present where passengers deplane from flights via CTA locations into the U.K. Immigration officers elsewhere in the airport will not and cannot activate or give an entry clearance to persons who have already entered the CTA. This means you would have no status in the U.K. immigration computer records and your student status in the U.K. would be nonexistent (your stay would be illegal). If this occurs, you must regularize your status in order to register at your host university, and you will be denied reentry if you travel.

If you must regularize your status, you will have to apply for the correct entry clearance after arrival at your host university. It will cost at least $590 to apply by mail and at least $1,000 to apply in person. In addition to the high cost, applying by mail requires you submit your passport to the British Home Office for a number of weeks, during which time you cannot travel out of the country.

**Purpose of CTA**
CTA has been in existence for decades to allow ease of travel to British and Irish citizens between their two countries. Recently, the European Union has adopted and continues to fine tune several similar arrangements for various groups of European countries, the most well-known being the Schengen Treaty and its offshoots. However, Europe compensates for ease of border crossing with more internal controls, such as identity checks and shared immigration databases. How does this affect you? If you arrive in the U.K. through Dublin, you will not receive the entry clearance stamp or visa activation you need.

**Students Who Extend Participation**
If you are a short-term student with a Student Visitor Visa, you must return to the U.S. during winter break and apply for a Student Visa from the British consulate. The British Home Office has stated that anyone with a Student Visitor Visa cannot receive a second Student Visitor Visa upon arrival or re-entry.

If you are a short-term student with a Student Visa, you can either return to the U.S. to apply for a second Student Visa or you may be able to apply to the Home Office in London; however, this method will cost at least $590 to apply by mail and at least $1,000 to apply in person. In addition to the high cost, applying by mail requires you submit your passport to the British Home Office for a number of weeks, during which time you cannot travel out of the country.

**International Student Identification Card**
An international student identification card (ISIC) is cheaper in the U.K. than in the U.S.; you may want to wait to purchase one for the term abroad on EAP.
EAP STUDENTS SAY...

Less is more! Take no more than one suitcase; you’ll want to buy things when you get there that are appropriate to the weather and to the fashion (British fashion is very interesting... people-watching is fantastic).

A backpack is essential for traveling (and if you fill it, that undoubtedly will be too much stuff).

Pack lightly. Don’t take more than you can carry! You’ll have to carry all your baggage from the airport to orientation and then to your host university. Carrying all that baggage can really be a drag. Also, there are sometimes stairs involved where wheeled baggage doesn’t work so well. Pack only what you’ll need for the first few weeks and have everything else sent.

Packing Tips

Identify all luggage on the inside and outside with your name, address, and destination (the international office at the host university is preferable). Pack lightly, as all carriers have weight restrictions. Luggage restrictions vary by airline.

Objects such as scissors, pocket knives, knitting needles, etc., must be packed in your checked luggage; they will be confiscated if found in your carry-on luggage.

- The EAP Student Budget does not include funds for the purchase of clothing abroad.

Essential

- Clothing that is washable and quick drying
- Clothing that can be layered (T-shirt, fleece or lined vest, cardigan, or pullover sweater)
- Jeans and fleece-lined pants
- Lightweight and warm jackets
- Warm socks
- Scarf and gloves
- Flip-flops, walking shoes, casual footwear
- One dressy outfit
- Coat (U.K. thrift shops sell good quality coats appropriate for the weather)
- Umbrella
- Rainwear and rain boots (available at all large U.K. department stores)

Optional

- Bathrobe and slippers
- Beach towel
- Lightweight blanket
- Seat pad (good for train and bus travel)
- Travel-size sleeping bag
- Empty backpack (to bring home items purchased abroad)
- Travel alarm clock and flashlight
- Small gifts for new friends (with UC logo or California designs)

Do Not Pack

- Medications that are illegal in the U.K.
- Fragile items, unless they are bubble-wrapped

Electronics

The electrical current used abroad is 50 cycles AC rather than the 60 cycles current used in the U.S., and voltage is 220–250 rather than the standard U.S. 110–125 volts for small appliances. Most electrical sockets abroad have three-pin plugs. In general, North American appliances need both a converter and an adapter for use abroad. However, travel irons, curling irons, blowdryers, electric razors, etc., can be purchased in the U.S. with either a built-in converter or a dual voltage function. These appliances will need only an adapter to be
used abroad. (Appliances without either a built-in converter or a dual voltage function will need an external converter, which can be purchased at electronics stores or travel specialty shops). U.S. clocks need to be battery-driven to operate abroad. EAP students recommend that you purchase small appliances once abroad, although they will be more expensive than they are in the U.S.

If you plan to take a laptop, be sure that the AC input of its power supply will accept 240 volts and 50hz (AC input: 100–240V; 50–60hz); if it does not, purchase a transformer before departure. The correct adapter plug (for three-pronged sockets) can be easily found in the U.S. or abroad.

Since the cost of electricity abroad is high, and improper use of appliances may damage electrical outlets and the appliances, ask before using the outlets. Some university accommodations will test your appliances to make sure they are compatible. Information on purchasing appliances and accessories can be found on the Magellan's and Distant Lands websites.

**Insurance for Personal Possessions**

It is possible that your parents already have insurance coverage for personal possessions. Find out if their insurance will cover your items while in transit and while abroad. The UCEAP Insurance Plan also contains some coverage for personal property. Be sure that the EAP policy and any parental insurance policy is sufficient to cover the items you will be taking with you.

You are strongly advised to review the UCEAP insurance for personal belongings, especially for anything of value such as a computer or camera. If you decide to obtain additional insurance, it is best to do so before departure because most thefts occur in the airport or while moving into housing. Personal belongings are your responsibility. The host university will not protect your belongings—even in university accommodations.

Some host university accommodations fees include partial personal possessions coverage, which may provide compensation for some stolen items. However, such insurance may provide coverage only if the theft occurs within a designated time frame and locale. Theft during breaks, vacations, and while in transit may not be covered. Some policies may not include laptops in their definition of computers. Such insurance may not cover the full replacement cost of stolen items, and it may not cover all personal items, such as bikes or cell phones. Therefore, even if your accommodations contract includes this insurance, you may want to purchase additional coverage. Endsleigh is a major student insurance provider in the U.K.

**Storage**

Numerous sites exist where you can store luggage, either during breaks or while traveling after the end of the program. Two storage companies are Big Yellow Self Storage and Excess Baggage Company. Storage sites are usually at airports, underground stations, and train stations. Rates and hours will vary, so confirm all details in advance. Most companies can also arrange to ship luggage.
To avoid theft, never leave your luggage unattended.

**Travel to the U.K.**

Before you make any travel plans, see the Entry Clearance section of this guide and the visa instructions in the online EAP Predeparture Checklist.

No group flights have been arranged by EAP. You are responsible for making your own travel arrangements to the EAP orientation site. Even if you are on full financial aid, you are responsible for reserving and purchasing your own airline ticket. Your Financial Aid Office is not responsible for purchasing tickets. You are strongly urged to purchase a changeable airline ticket. Standby tickets are not appropriate.

You will not be met at the airport, but you will be met at the orientation site. The program calendar on the EAP website lists the specific orientation schedule. You must arrive at the EAP orientation site on the Official Start Date. If you fail to appear on the date indicated, you will be subject to dismissal from the program (see the Student Agreement online in MyEAP).

The start date of the program can change due to unforeseen circumstances. You are responsible for making modifications in your travel itinerary to accommodate such changes. In addition, flights are routinely changed or canceled. Confirm your flight schedule with your airline about two weeks before departure. EAP is not responsible for any unrecoverable transportation charges incurred for independent travel. In order to be kept informed of any program changes, you must update MyEAP with any changes in your address, e-mail, or phone number.

**Financial Aid Students**

Your financial aid package is based partly on the EAP Student Budget for the program. The estimated round-trip airfare is based on the cost of a changeable student fare to the United Kingdom. If your independent travel costs are greater than the airfare estimate in the EAP Student Budget, notify your financial aid counselors. Neither EAP nor the Financial Aid Office can guarantee that the additional cost will be funded by financial aid.

**Customs Fees**

Do not ask other students to carry any items abroad for you (laptop, camera, extra bags, etc.) and do not volunteer to do so for others. Airlines may not allow you to carry items for others. If you are allowed to board the plane with the items, customs abroad may charge you a high duty for those items. They will assume you plan to sell them, especially if you already have similar items of your own. This is particularly a concern with electronic goods.

**Travel to the EAP Orientation**

Detailed instructions on transportation from various airports to the designated arrival point are found in the Arrival/Orientation Information in the online EAP Predeparture Checklist.
EAP STUDENTS SAY...
To whatever extent I’ve experienced culture shock, it hasn’t been about living in a different country as much as attending a university where things are done differently—sometimes in ways that I found frustrating.

Meeting all of the other EAP students during orientation helped me immensely! It’s so nice running into them on campus. We try to eat together and go to town together.

EAP Mandatory Orientation Abroad
You are required to attend a mandatory EAP orientation abroad. It begins on EAP’s Official Start Date, which varies by host university (see the program calendar on the EAP website for your host university). The Official Start Date is established by EAP; it is not published by your host university.

You are subject to dismissal from EAP if you do not arrive on the Official Start Date and at the place and time specified in the program calendar (see Student Agreement, Section 10, in MyEAP). Regardless of your host university’s orientation dates, you are required to attend the mandatory EAP orientation on EAP’s Official Start Date.

The EAP orientation usually does not take place at your host university. Accommodations will be reserved for you for two or three nights (three or four days). Most EAP orientations will take place either in London, Edinburgh, or Glasgow. You are responsible for traveling directly to the accommodations—do not go to the Study Center. Details about the orientation accommodations, local transportation instructions from various airports, and address and phone information are found in the EAP online Predeparture Checklist. Dates and city locations are also in the program calendar.

Orientation includes academic briefings, social and cultural events, and some free time to explore the area. Do not plan on spending the block of time reserved for orientation on sightseeing or attending cultural events with your parents or non-EAP friends. Tickets to plays or other events are pre-purchased for you. After arrival, you will receive a detailed orientation agenda showing the free time slots, which you can then use to meet with family and friends who may also be in the city. The orientation provides insight into the academic environment of your host university and explains course credit, Study Lists, grades, and other serious academic matters. Advice will be offered on such issues as coping with a new culture, personal safety, health, and banking. You are required to attend all EAP orientation sessions.

You will be provided with some meals (including all breakfasts) during the EAP orientation. You are expected to pay for other meals and sightseeing.

If the EAP orientation conflicts with a religious observance, individual accommodation is possible. For example, among multiple options, you may attend an orientation on another date that is held by your Study Center. E-mail your request to UCEAP so appropriate arrangements can be made ahead of time.

Host University Orientation
In addition to the EAP orientation, each host university offers its own orientation. It is not a substitute for the EAP orientation, but an important supplement. EAP orientation dates are scheduled to end as closely as possible to the start of host university orientations. The time gap between the two orientations may be as little as half a day or as much as two weeks; you must anticipate this time and budget for it because you will be responsible for personal expenses, which include the cost of housing, food, transportation, and any other miscellaneous expenses that come up between the two orientations. Check your program calendar on the Participants portal of the EAP website to see the number of days between the two orientations. EAP tries to minimize the time between the orientations and most students may have only half a day.
“EAP STUDENTS SAY...

It needs to be repeatedly stressed that the first two weeks will be absolutely confusing.

”

There may be an extra orientation charge by the host university. The EAP Student Budget, found on the EAP website, factors these costs into one of the line items, which means that the UC Financial Aid Office also factors these costs into the financial aid package (if you receive financial aid).

The host university orientation is mandatory. You will receive instruction on course registration and most universities begin their Registration Week during orientation; therefore, it is not likely that you will be enrolled in your preferred classes if you miss the host university orientation.
LOCAL TRANSPORTATION

Travel to the Host University
During the EAP orientation abroad, you will receive information about traveling to your host university.

Students going to the same host university often decide during the EAP orientation that they will travel as a group to their destination. Many students travel together by train or bus to their host university. However, if you decide to fly from the orientation to your host university, you are advised to make the airline reservation when you reserve your initial flight from the U.S. Note that luggage weight restrictions will differ on internal flights from the original flight, so it is important to find out if you can take your luggage on the internal flight to your host university. EAP students who could not take their luggage in the past (and thus could not board the flight) were also unable to receive a refund from the airline. Your program calendar shows the date and time of day you will depart from the EAP orientation site. Be sure to find the correct date before making the airline reservation.

Travel within the U.K. and Europe
- The EAP Student Budget does not include funds for recreational travel.

After residing abroad for six months, you will be eligible to buy the InterRail pass, good for one month of travel throughout Europe. Students often use this pass during spring break and find it to be an excellent value.

The Eurail pass must be purchased in the U.S. You can select length of time and travel zones. The pass can only be mailed by the issuing party to a U.S. address. The pass is not valid in the U.K., but it is valid in the Republic of Ireland.

Return Travel
If you do not make round-trip arrangements, be sure to book a return flight with plenty of lead time once abroad. Travel agencies at the host university often offer cost-effective flights. Study Center staff can refer you to a local travel agency for information on return travel. Flights to the U.S. fill up fast and economy-fare seats are booked early.
It is important that you carefully read all of the information available in the UCEAP Guide to Study Abroad and discuss it with the person who will assist you with your finances while you are abroad.

FINANCIAL INFORMATION

Understanding Your Finances

Understanding your finances before, during, and after EAP is crucial to having a successful time abroad. The following list outlines just a few of the many things you will need to know before departure.

Detailed information on the following topics can be found in the Money Matters chapter of the UCEAP Guide to Study Abroad:

- Contact information for finance questions
- How to estimate the cost of your program
- Budget instructions and information
- How to and who can make payments to EAP
- EAP student account information
- Banking before and after arrival
- Fees and penalties
- Loan information
- How financial aid works while on EAP (how do I get my financial aid from my home campus and how are my fees paid)
- Various forms (e.g., direct deposit, etc.)

MyEAP Student Account

Your MyEAP Student Account is similar to your home campus Financial account. It will be available as soon as you are selected for your program in MyEAP. The fees that you owe UCEAP are posted to your account, and you can make payments through this account using e-checks or credit cards (MasterCard or Discover). Fees will be applied after your program predeparture withdrawal date, which is listed in MyEAP.

EAP Student Budget

Carefully review your UCEAP Student Budget.

Your UCEAP Student Budget lists the fees you will pay to UCEAP and an estimate of the personal expenses you will need to plan for. It does not include the cost of recreational travel or personal entertainment. The fees due to UCEAP will be posted to your MyEAP Student Account after your program predeparture withdrawal date. Program fees are subject to change. View your EAP Student Budget frequently.

Instructions

- Download and print your EAP Student Budget and Payment Vouchers.
- Note the deadlines on the Payment Vouchers.
- Give the EAP Student Budget and Payment Vouchers to the person responsible for paying your EAP bills. Sign them up for Third Party Authorization so they can make payments online.

For further information see the Money Matters chapter of the UCEAP Guide to Study Abroad and the Money Matters tab of your Participants Portal. If you are on financial aid, see also the EAP Financial Information web page.
Handling Money Abroad

Before Departure
The pound sterling, abbreviated GBP, is the official unit of currency used in the United Kingdom. The sign for the pound is £. Before leaving the U.S., exchange $200 into British pounds. The funds will be useful upon arrival for snacks, transportation, tips, and unexpected purchases. Some U.S. banks will purchase the foreign currency for you; the process may take a week or more. You can also exchange dollars for foreign currency at airports.

Recommendations from EAP Students
Take funds in an easily negotiable form to last through the first few months abroad. Even after you open a bank account, checks will take up to six weeks to clear. Therefore, year and spring semester students should take as much money as possible in the form of travelers checks (issued in the foreign currency) in order to open a bank account with immediately accessible funds. You will initially need a minimum of U.S. $325 for textbooks and basic supplies. Budget additional funds for warm clothing and travel.

Because fall semester students will reside abroad for less time than year or spring students, they may or may not wish to open a bank account, depending on their circumstances (e.g., their dorm housing may want to withdraw the housing payment from a U.K. bank account).

Take a bank card that enables access to funds in a U.S. bank account at an ATM. The bank card must have a four-digit PIN. Most U.S. banks will charge currency exchange fees when money is withdrawn from an ATM. The fees can be high. However, U.K. banks will not charge currency exchange fees. Experience has shown that Bank of America cards are preferred over Wells Fargo cards, due to cost of fees per transaction.

Banking
In general, banking practices in the United Kingdom are similar to those in the U.S. In order to open an account, you will need to provide proof of a local address, proof of registration at the host university, and personal identification (passport).

Most large U.S. banks maintain relations with prominent British banks. Prior to departure, find out with which bank your U.S. bank is affiliated and what services they offer. Past participants have used Barclays, National Westminster, Midland National Bank, Lloyds Bank, and Royal Bank of Scotland.

After arrival, go to a nearby bank and open a checking account (this is called a current account, as distinguished from a deposit account, which is the equivalent of an American savings account). There is often a branch of one of the main banks on campus or nearby.

Banking practices are more restrictive than those in California, and there are some differences. A typical student current account should include a checkbook and an ATM card. It is not possible to cash a check in a store without a specific check guarantee card (which banks are typically reluctant to issue to new customers—not just students). A U.S. credit card will not serve as a check guarantee.
Banking policy is left to the discretion of the individual bank manager. A good letter of reference from your U.S. bank may ease restrictions that might otherwise be imposed by a bank abroad. If the bank is less restrictive (or the students at the local host university have a good banking record), it may be possible to obtain a check guarantee card, which also functions as a debit/ATM card. Banks have their own names for these cards (e.g., Switch at NatWest or Connect at Barclays). The bank may be willing to issue such a card after an initial probationary period of banking, so be sure to ask about it.

**Travelers Checks**

You can take travelers checks issued in the foreign currency to open a bank account and for immediate use after arrival. Travelers checks are not as widely accepted at retail venues abroad as they are in the U.S. You will first need to cash your travelers checks at a bank. Not all banks provide this service or cash American Express travelers checks, and some banks will charge a fee. You will need to show your passport as ID when cashing travelers checks. If you are opening a bank account, take any amount of travelers checks. If you are not opening a bank account, take only a small amount of travelers checks and rely on your ATM card for cash.

**Transferring Money**

▶ When transferring money, the larger the amount transferred, the more favorable the rates.

Wiring funds from a U.S. bank to a foreign bank is an option if funds in your foreign account run low. The sender in California can order a wire transfer from a major bank for a fee; however, most if not all major banks now require the sender to be a customer. The fee is fixed, so the larger the amount sent, the better. The money is electronically transferred to your account abroad and a second fee is charged. Money sent in this way is instantly accessible.

Many financial aid students request (via the EAP Electronic Funds Transfer form) that their financial aid be deposited electronically into their U.S. bank account (rather than being mailed as a hard copy check to their U.S. address). This large deposit can then be wired by the student’s power of attorney in the U.S. to the account abroad.

Another way to transfer money is by using a banker’s draft, which can be purchased at a U.S. bank in dollars and sent abroad by mail for deposit. Make sure the foreign bank will accept the banker’s draft without waiting for collection from the U.S.

**Host University Fees**

You are not obligated to pay application or registration fees that are normally required by the host university. Disregard these two kinds of fee requests when returning forms to the host university. You are, however, responsible for all housing deposits and payments, the international student orientation fee (often called the “freshers’ conference fee”), and other charges.
COMMUNICATIONS ABROAD

Study Center Contact
It is important for you to keep in contact with your Study Center during the year. The Study Center address is noted in the Participant Resources chapter of this guide.

Study Center office hours are generally 9:30 a.m. to 5:30 p.m., Monday through Friday. The office may be closed for lunch. You may contact the Study Center anytime and leave a message on the answering machine. Until you are settled in at your host university, you can have phone messages left at the Study Center office. Inform callers that the time difference is eight hours ahead of California.

International Calls
There are two types of public phones in the United Kingdom. British pay phones take coins of 20 pence and over. Card phones are the alternative. Calling cards are the most convenient method for making calls from public phones. £2, £4, £10, or £20 cards are available from the post office, travel centers, some news agents, and machines on underground platforms. Many BT pay phones take major credit cards and charge cards. Unfortunately, phone card phones may not be available in the residence hall and you may have to walk to one elsewhere on or off campus. You are encouraged to use Skype for international calls.

Collect Calls: Collect calls in the U.K. (made by dialing 100) are expensive! Do not phone the Study Center this way unless you have an emergency.

Directory Assistance: Information in the U.K. is reached by dialing 118118 (Directory Enquiries). These calls are free from public phones; from other phones there is a charge.

International Phone Calls: Students are encouraged to use Skype for international calls. International phone cards are not easily available for purchase and the calls are very expensive. You will need at least a £10 card to call the U.S. The direct dialing code to the U.S. is: 001 + area code + phone number. You can call the U.S. collect through the international operator by dialing 155.

Computer Access and Use
E-mail is available at all host universities in the United Kingdom, but facilities and resources are not the same as at UC. You will likely need to wait to access a computer.

Information on computer and e-mail access differs slightly by host university, but you will receive instructions either from your host university in a packet before departure, at the university’s orientation immediately prior to the beginning of the term, or when you register for classes on site. To set up your computer and e-mail access, contact the university’s international office or computing services department, or your academic department.

Mail
The British mail service is usually fast. Letters mailed in the evening (before the last mail collection at any of the British universities) are generally delivered in London the next day and vice versa. Airmail usually takes from six to ten days to or from California.

If you already know your host university address, you can arrange for mail to be sent there.
Shipping

Packages generally take six to eight weeks to send by surface mail. The Study Center and host university offices will not accept or store heavy or bulky packages. Have your parents or friends mail your packages to your address after arrival. You will need to time your shipment to arrive after you do. Staff will not collect luggage that has been shipped in advance, and will not pick up any luggage that must be claimed at a customs office or dock.
Housing & Meals

General Information
You will live in a university hall of residence, flat (apartment), or a room in a private home. You must make your own housing arrangements, deposits, and payments (even if you are on full financial aid). After you receive notification of acceptance, the host university should mail you housing information and application forms. Communicate directly with your university’s housing office and discuss housing questions with staff at the Study Center.

Most host universities provide excellent housing information online. Look for information on host meet-and-greet services, temporary housing, social activities, and other options offered to incoming students.

Most universities allocate and send confirmation of fall and year housing in late August. Be sure you have submitted the housing application by the university’s deadline, usually in June or July. Information about spring housing is usually distributed with the host university’s admission notification.

EAP Orientation Housing
During orientation, you will stay two or three nights in a student residence hall or hotel. The EAP fees will cover the cost of these accommodations. After the mandatory EAP orientation, you will be responsible for all housing and transportation arrangements and expenses. You may have free time until the host university residence is available (up to two weeks). Budget accordingly and plan to make use of this time for sightseeing, or to make private, non-university housing arrangements if desired. Study Center staff will advise you on temporary accommodations and travel.

If you remain in the city where the EAP orientation is held, you may be able to stay longer at the orientation housing. You must make reservations and pay to extend the stay directly with the accommodations, preferably before departure from the U.S. However, if rooms are unavailable, the Study Center will have information on nearby B&Bs or inexpensive hostels.

How to Secure Your Housing
To ensure host university housing, you must take the initiative to obtain, complete, and return all housing forms and deposits required by the university. You must make your own reservations and pay the required deposits (in British pounds) prior to departure—even if you are on full financial aid. The forms and deposits must be received by the host university by their established deadlines. When a university notes that housing is “guaranteed” for international students, it means that housing has been set aside for international students who apply and pay by the deadlines. It does not mean that housing is reserved and paid for by UCEAP, or that housing will be available to you if you miss the application or payment deadlines.

Housing Contracts
Carefully read all housing contracts prior to signing. These contracts are legally binding and commit you to the full cost of the housing for the period of time specified, regardless of the length of time you actually use the housing. Contracts are usually for the entire academic year. If you are a year student, do not assume you can depart university housing mid-year unless the contract states it is solely for a term or the university specifically allows a mid-year
contract termination without fees. If you are a short-term student, read the contract carefully to make sure the contract covers the correct term(s).

The housing reservation begins on the date specified in the contract. The initial move-in date may or may not be negotiable after the reservation is made, and you will need to make your own arrangements if you arrive earlier than the specified move-in date. Carefully choose your initial move-in date based on when you will depart the EAP orientation and when you plan to arrive at the host university.

Housing Offices
Do not communicate with the host university housing office until you have completed a housing request form or until you have actually been accepted by the host university.

Know Before Choosing Housing
Quality and Distinctions
Housing quality is extremely variable, even on a single campus. The basic distinction in university housing is between residences in which meal plans are part of the package (halls or catered accommodations) and self-catering residences that provide shared cooking facilities for groups of students (anywhere from four to a dozen or more). Within this basic distinction, there are large dormitory-style buildings either on campus or some distance from it; or nearby older houses, mansions, or blocks of flats that the university has converted to student housing. A typical configuration of university housing built in the past 20 to 25 years consists of accommodations for four or five students with separate rooms, with a common entrance and cooking facilities; bathrooms may be shared or private (en suite) in the individual room (at additional cost).

In residence halls, bed linens are usually provided or available to rent, but towels are not. Each hall is headed by a warden or similar officer who frequently has the authority to decide whether a student can be accepted into the hall or released from a housing contract.

Ambience
EAP students strongly advise that you request housing shared by more mature students if you select university accommodations. International students typically are housed with first-year students (freshers) who are living away from home for the first time and who may not be held to the same academic levels as more advanced students. Freshers can be noisy, boisterous flatmates, and may not study as diligently as UC students.

Meal Plans and Dietary Needs
Whether you choose a catered or a self-catering residence will depend on personal needs and preferences. Catered halls are the most convenient, and meals you take in the common refectory are a way to meet a wide variety of students. However, freshers usually choose the catered halls and EAP students report that the quality of the cuisine is lower than that provided in UC halls; UC students often tire of the food. Vegetarians, vegans, and those with other special dietary needs should not elect a residence with a meal plan (vegetarian and other options are limited). With a self-catering residence, you have control over what and when you eat. You may share meals with your flatmates or cook individually. Pots, pans, dishes, and flatware are frequently provided by the accommodation, but in some cases you may need to purchase them. Inexpensive kitchen utensils and other supplies can be purchased at charity (thrift) shops.
**EAP STUDENTS SAY...**

*If you’re in a self-catering situation with other students who don’t have as much money as you do, be sensitive and don’t keep bringing in steaks, lamb chops, and out-of-season fruit.*

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**Smoking**

If you do not smoke, you may want to inquire about smoking practices among flatmates and come to an agreement at an early point in your association. If you do not want to share a flat with smokers, clearly note this in your housing application.

**Distance from Campus**

A significant difference from UC housing is that accommodations owned by the university may be at some distance from the campus. Carefully check the housing description to determine whether you are within walking distance of the campus, or whether there is quick and inexpensive local transportation. Bus transportation is widely available and you can obtain an inexpensive bus pass.

**Private Housing**

Another housing possibility is non-university housing in lodgings (rented rooms in private homes with some meals provided) or in flats (apartments shared among three or four students). In the latter, heat and utilities usually are not included in the rent. A number of EAP participants have reported that private accommodations in the community are preferable to university housing. You are advised to discuss housing questions with EAP returnees or with EAP students presently abroad. Your Campus EAP Office has e-mail addresses of current participants, many of whom have indicated they will be glad to discuss their experiences by e-mail.

**Council Tax**

If you choose to live in private housing, you must register as a student with the local council to avoid being charged the local council tax. You can check with the host university accommodations office and with the local council for more information about this tax.

**Housing Closures**

Many dormitories are closed during the winter and spring breaks. However, some accommodations allow students to remain during breaks if they have requested to do so on the original housing application. Carefully read and complete the original application in order to know if you will need to make alternate food and lodging arrangements during breaks. If you travel during breaks, provisions can usually be made for storing belongings.

**Housing in England**

**Imperial College London**

One quarter of Imperial College students live in university-owned or managed housing. Most of the housing is self-catering and consists of single and shared bedrooms with common kitchens, bathrooms, and laundry rooms. Most rooms in the university housing have both Internet and phone connections. The halls of residence vary widely in location and amenities, and are priced accordingly. See the [ICL website](http://iclwebsite.com) for the specific names and locations of more than a dozen different halls of residence.

Distinct from the halls of residence are the intercollegiate halls, which are located in the Bloomsbury area of London. You are encouraged to apply for accommodation in one of the intercollegiate halls due to your location and also because these halls have catered meals.

The majority of ICL students live in private accommodations. The Student Accommodation Centre will help you find housing in the private sector if desired.
King's College London

A number of accommodations are located throughout London on both sides of the Thames. Each hall offers recreation rooms, pantries providing basic cooking facilities, laundries, and television rooms, and some also offer quiet study areas, cycle sheds, access to sports and game facilities, gardens, and more. Some are for King's College students, while seven intercollegiate halls accept students from all colleges within the University of London. Some halls accommodate a number of postgraduate students; if you are an older undergraduate, you may wish to consider these choices.

EAP students recommend Wolfson House, Lonsdown Terrace International House, both the Stamford Street Apartments (just across Waterloo Bridge from the college), and the intercollegiate residences. These options are conveniently located near classes, a major factor in making a London housing decision. The Stamford Street residence is only for King’s College students. Do not choose housing in Champion Hill, which is far from campus and in an undesirable area. Housing in Hampstead is also far from campus, but the area is desirable and the costs are lower, except for the cost of daily transportation. Students say Brian Cramer House is not a good place to live, citing security and maintenance issues.

The halls are served by public transportation and access to King’s College is by bus, underground, or British Rail. Travel times vary from ten minutes to approximately one hour. For example, if you stay at Hampstead Campus Residence, you must purchase a monthly underground pass costing approximately $120, but if you stay at Great Dover, you can walk to classes. Transportation costs are a serious factor in choice of housing.

You may note your choice of hall and consideration will be given to your preference; however, places in specific halls cannot be guaranteed and you are advised to select as many halls as possible.

University of Bristol

Full board and self-catering halls of residence are available. Each hall is an academic community committed to providing a supportive student environment, promoting student welfare, and encouraging personal development. All halls are home to students from different countries and backgrounds, representing different faculties and different stages in their academic careers. You may choose the larger, more traditional hall, or a smaller environment such as a flat or student house. Stoke Bishop, a mini-campus of self-catering flats, is attractive but a 30-minute walk from the university. Past EAP participants recommend Clifton Hill House and Manor Hall, as well as The Hawthorns, which is in the center of the campus. Students report the UNITE housing is not well maintained. Other accommodations, including lodgings with meals, bed-sitting rooms, and flats, may be available. The accommodation office may help you set up private housing.
University of Durham
You will be housed in one of Durham’s 14 residential colleges. Each is located within 15 minutes walking distance of campus. Past students highly recommend St. John’s College, although most other colleges are also well liked. EAP students say Collingwood is good for science and psychology students. St. Mary’s has a room lottery every term so students will lose their original rooms.

Three meals are provided seven days a week. Cleaning service for the rooms and 24-hour porter service are also provided. The colleges have excellent facilities (shopping, laundry area, library, computer room, tennis courts, and music room). The dining hall scenes in the Harry Potter movies are filmed inside Durham Cathedral. The colleges are an extremely good value for the cost.

Residential colleges offer the traditional British college experience: a distinct interactive social unit, formal weekly or biweekly dinners, and a collegial “esprit.” EAP students are often enthusiastic about the college practice of assigning “parents” to each student. The parents are older students who introduce newcomers to others in the college community and help with adjustment to college life. If parents are not assigned to you, inform the Durham International Office and they will make arrangements.

University of East Anglia, Norwich
The university has several modern residence halls on campus, all organized on a self-catering basis. You may elect a single or a shared study bedroom in one of the residence halls on University Plain. Past EAP participants recommend Norfolk Terrace. New accommodations with private bathrooms are being built as well. UEA’s dorm rooms have been wired for Internet access. There is a hookup fee of approximately £20. Students report problems with the phone system in student housing.

University of Kent, Canterbury
You will live in either a catered college or in a self-catering accommodation, such as Parkwood. In general, past EAP participants have been more satisfied with the self-catering units than with the catered colleges. Although meals are provided in lodgings, you may also eat meals in the college. Students have been uniformly satisfied with Parkwood, which offers two different price options. Bed linens are provided in residence halls and in Parkwood. Towels are not provided. All students are officially members of a college, at least for administrative purposes, even those in self-catering accommodations.

University of Leeds
There are three categories of housing at Leeds: 1) university-owned accommodations (residence halls and university flats), 2) associate hostels, and 3) accommodations in private or municipal dwellings. Bed linens can be rented (towels are not included). Although some residence halls are a good distance from campus, students have been pleased with those accommodations.

All housing varies widely depending on condition, cost, cleanliness, and distance from campus. Due to the variations in housing, you are strongly encouraged to consider the following notes and discuss the merits of specific housing with EAP Leeds returnees before choosing accommodations.
You can also discuss housing options by e-mail with Study Center staff in Edinburgh.

- EAP students have liked both Lyddon Hall and Lyddon Terrace (a shared house). Lyddon Terrace information is not on Leeds’ housing website, but it is on campus, has very large rooms, and is more like an apartment than a dorm.
- EAP students strongly recommend Leodis Residences and Devonshire Hall.
- Lupton Residences has had burglaries, but EAP students like the busy off-campus student area of Headingley, as well as the lower cost.
- Ellerslie Hall, in the center of campus, is a 20-minute walk to the train station.
- Charles Morris and James Baillie Park are popular, but James Baillie is accessible only by two long, isolated roads.
- Oxley Residences and East Moor are four miles away; there is no direct bus link to East Moor and it requires a long walk in a secluded area.
- Bodington Hall can take an hour to reach by bus during rush hour, but offers excellent on-site facilities. Students have enjoyed the social and community atmosphere.
- St. Mark’s Residences is used during the summer and may not be completely cleaned prior to your arrival. Some rooms are in poor condition. All inhabitants at St. Mark’s are freshers and international students.
- Clarence Dock Residences is in a recently upgraded neighborhood in the city center, but students say bus transportation is unreliable, and it is a 40-minute walk to campus.
- Montague Burton Residences has had serious cleanliness and maintenance problems in prior years, but recent EAP students like its proximity to campus.
- Sentinel Towers, North Hill Court, Carr Mills, and Mary Morris International Residence in Headingley have all been recommended by EAP students. Sentinel Towers is well liked for its central location, close to both the campus and the city center, and nearby take-out food services are open until 4 a.m.

Commuting is a factor to keep in mind when you choose housing. Also, be aware that you may move into a room that has been used all summer by other students. If the cleaning crew has not yet cleaned, or has not cleaned thoroughly, contact the accommodations office immediately to request a cleaning crew.
University of London, Queen Mary
Queen Mary will send an accommodation form with its acceptance letter. If the form is returned to Queen Mary by the stated deadline, university housing is guaranteed in one of various types of self-catering residences either on or near the campus. Most of the housing has been built in the last decade with high standards. All rooms are singles, grouped into five to six bedroom flats. Each bedroom has a washbasin, and each group shares a bathroom and kitchen. Laundry and common room facilities are provided. About one-fifth of Queen Mary students live in university housing. The Mile End campus has two new 200-bed halls with full meal contracts. The older halls are about 35 minutes away by Tube (South Woodford). Bed and breakfast or pay-as-you-go meal plans are available. In addition, Queen Mary has just completed a 995-room student village and opened a new Learning Resources Center, greatly increasing computer access. The cost of private housing in London is high.

Past EAP students note that France House, Varey House, Maynard House, Lindop House, and Stocks Courts (all self-catering flats) are pleasant residences. Hatton House is more expensive. The East End is the older, lower-income part of the city and you need to be prepared for and able to adjust to this aspect of daily life. Students advise against living along Bancroft Road, where break-ins have occurred, and recommend paying extra for en suite and in-room Internet access because the convenience is well worth the cost. Students report the telephone system is non-functional in the student housing. Last year EAP participants rented mobile phones for 85 pounds/year with 60 minutes of free calls per month.

University of Manchester
There are more than 9,300 places available in University of Manchester halls and most are within two to three miles of the campus. Halls are catered and self-catered, but the self-catered options fill up quickly. Past EAP students recommend the self-catered halls.

Most students have been pleased with their housing assignments. Fallowfield Campus Housing is highly popular, with many social activities and the option to room with British students. EAP students also recommend Bowden Court, Grosvenor Place, Whitworth Park, Weston Hall, and Lambert Hall. The catered and traditional St. Gabriel's Hall houses mainly freshers and is all female.

Private housing called Manchester Student Homes (from studio flats to large shared houses) is also available for single students and students with families. These accommodations are located in the main residential districts of Manchester, Salford, and Stockport. Lists of private housing are available at the Accommodation Office. Students should take unsigned leases for any private housing to the Accommodation Office to look over and advise on—this office will have information on past student experiences with specific landlords.
University of Sussex, Brighton
There is accommodation for 2,800 students and most housing is on campus. On-campus housing consists mainly of single-study bedrooms, but there are some shared rooms. Some students live in one of a number of large houses and small hotels owned by the university in nearby Brighton and Hove, about 15 minutes from campus by train or bus. All accommodation is self-catering, with a shared kitchen and bathroom facilities. Bed linens and towels are not provided, but bed linens are available for rent. All accommodations have phones, but students report serious problems with the phone system.

Past EAP participants have lived in East Slope, Park Village, Lewes Court, and Kent House (the latter two are strongly recommended). Norwich House is newer, with larger rooms, but only international students are housed there. Students praise Park Village for its social life, but note negatively that it provides one to two showers per 12 students. Students also report that private housing is easy to find.

University of Warwick, Coventry
You may live in campus accommodations, a university-leased house off campus, married or family housing, or a private room in a house or flat. Off-campus housing in Coventry, Leamington Spa, and Kenilworth is modern and comfortable. On-campus dormitories each have resident tutors (RAs) and a warden (manager).

Since Warwick is considered the MIT of England, the entire campus is extremely innovative, with the newest technological amenities. On-campus housing is among the best in the United Kingdom and has Internet access in every room and telephone access in most rooms. EAP students emphasize that the campus contains every kind of shop and service needed for comfortable living. There is also excellent shopping in town and especially in nearby Leamington Spa, which offers numerous events.

Address all inquiries about housing to the International Office, which will liaise with the campus housing office as necessary. Students with dependents are welcome and child care is available.

University of York
Most students live in mixed residential accommodations provided within the six colleges and situated around a lake. Other possibilities include Fairfax and Garrow Houses, which are large and within walking distance of the campus; and Eden’s Court and St. Lawrence Court, which are close to campus. EAP students recommend James College and Alcuin College. They warn that Wentworth and Goodricke are in poor condition and you should not apply for housing in either of these colleges. Security problems have occurred at an off-campus complex. Students note that Halifax College is far from campus.

The vast majority of university residences consist of single-study bedrooms, but there are some shared rooms in the colleges. A full cafeteria service is available in colleges for all students. Residents in the colleges and Fairfax and Garrow Houses have access to limited cooking facilities, although they report that these are inadequate.
Housing in Scotland

The University of Edinburgh
Housing is guaranteed if you submit the housing application along with the host university application. You may stay in any of the university-owned housing (a mixture of traditional halls of residences and flats) or find private housing on your own. Students say there is a good selection of private housing in the community.

Past EAP participants say different options appeal to different expectations. For example, College Wynd, Robertson’s Close, and Kincaid’s Court are conveniently located close to campus and the city center. However, they can be very noisy at night and on weekends due to freshers and nearby bars.

Fraser Court, East Newington Place, Sciennes, Sciennes Place, and South Clerk Street are convenient if you are taking classes in King’s Buildings, but are a distance from the city center.

Warrender Park Road and Warrender Park Crescent are in a pleasant residential area and well liked. Students are often concerned about the 15-minute walk across The Meadows at night to return from the central campus. The Meadows is a beautiful park for the daytime walk to class.

Past students have recommended Kitchener House, Hermit’s Croft, and St. John’s Hill (next to the sports center), as well as Darroch Court and New Arthur Place, which are centrally located.

Pollock Halls include meals, and are recommended if you do not want to deal with grocery shopping and cooking. However, Pollock Halls house about 1,800 students, predominantly freshers and foreign students, are very noisy, and have had numerous room break-ins and thefts.

University of Glasgow
The range of accommodations includes halls of residence, student houses, and flats. Detailed descriptions will accompany Glasgow’s official offer of admission. Following a written response, you will be offered a place in a university residence. Your first choice cannot be guaranteed. You must then write again to accept the offer. Respond promptly to all communications, as housing is in short supply. A signed housing contract is binding and you will be required to pay the full cost even if you do not remain in the housing for the full contract period. If living arrangements have not been finalized before departure from the U.S., you may face difficulties finding accommodations in Glasgow.

Past students recommend the self-catering Kelvinhaugh Gate, Kelvinhaugh Street, and Queen Margaret Flats. There have been complaints about the Murano Street Student Village, which is thought to be far from the university and less safe. There have also been complaints about Wolfson Hall’s cleanliness and neighborhood. Students say Cairncross is poorly maintained. Otherwise, EAP students rate the housing from “fine” to “great” and describe the city as providing an enormous variety of things to do, including many concerts with low admission.
University of St. Andrew’s
You will be housed either in a hall of residence, including McIntosh Hall, Andrew Melville Hall, and New Hall; or in a self-catering apartment, such as David Russell Apartments, or another apartment at Fife Park or Albany Park. Housing contracts are for a full year, and moving mid-year can be difficult. Most halls are about a 20-minute walk from the town center, and the Parks are about 40 minutes away. Both types of residences have laundry facilities. The halls vary in size and locale, the smaller ones being in old buildings in the center of town.

Students have been happy with the housing, especially New Hall. However, they note that catered Andrew Melville Hall houses many freshers and the food is not very good.
**Extracurricular Activities**

**Get Involved**

You are encouraged to participate in cultural activities while abroad. Join sports, music, theater, or art groups; provide volunteer services to social organizations; participate in athletic events and religious activities; and attend lectures, discussions, and receptions in academic and community circles. Most universities offer organized clubs ranging from political societies to sports clubs. Student organizations generally recruit new members actively during the campus orientation.

Read *The Knowhere Guide* for inside information and tips that only locals know. Popular attractions including local music scenes, shopping, cafés, art galleries, cinemas, festivals, and much more can be found at this website.

**England**

**Imperial College London**

Located near the Museum of Natural History and the Victoria and Albert, Imperial College London is at the center of London’s cultural offerings. In addition, the Student Union provides multiple opportunities to join clubs and participate in sports. The pub in the Student Union is a popular meeting place where students study.

**King’s College London**

The campus is in the heart of London, close to the city’s many academic resources and rich cultural opportunities in music, theater, sports, museums, and art galleries. The British Museum, Covent Garden, Trafalgar Square, the National Gallery, and the West End are all within walking distance of the college. Be independent and proactive in taking advantage of the many activities offered.

**University of Bristol**

With over 150 clubs, societies, and sporting teams, you can participate in basketball, rowing eights, women’s soccer, field hockey, water polo, rugby, swimming, and the many arts and cultural activities that the area offers. The city of Bristol hosts several annual boat races; the Zoo Gardens, with a long-established animal breeding and conservation program; the Wildwalk, a living rainforest; Explore-At-Bristol, an interactive science exhibits center; the Orange Imaginarium, a planetarium; and an IMAX theater. Many of these venues have volunteer opportunities.

**University of Durham**

Colleges provide accommodation and meals, libraries, computer rooms, and sports and social amenities. Each college has a unique sense of identity and community. Student Community Action oversees 40 community projects with 800 student volunteers. The on-campus Oriental Museum is a unique teaching and research museum dedicated to art and archaeology from prehistoric times to living artists. The city of Durham hosts the U.K.’s top cross-country event, which attracts the best runners in the world. There is also an annual Regatta.

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**EAP Students Say...**

Don’t worry about not having anywhere to stay during holidays; people are extremely generous and thoughtful, and they understand that you may be stranded as an international student.

Join a sports team. You get to meet so many people and travel all over the country.

Culture shock happens. You just have to go and experience it.

The experience was wonderful, but not as blissful or easy as I’d envisioned it. Being in one place for a year means really getting in and making a life for yourself. It’s not a vacation or getaway. You have to face yourself and build your experience into what you want it to be. It’s too long to spend partying—you’ll want a home, downtime, and close friends.

The fewer expectations you have, the better.
UNIVERSITY OF EAST ANGLIA
Norwich is a thriving center with great shopping, and excellent cultural and social opportunities. UEA has a student bulletin board on its website that allows you to correspond with U.K. students. The university hosts the Arthur Miller Center International Literary Festival with lectures and workshops by well-known authors. The on-campus Sainsbury Center for Visual Arts offers volunteer and internship opportunities.

UNIVERSITY OF KENT
Students note the city of Canterbury is “quiet” and it takes initiative to become involved in activities. Nearby Ashford is a stop for all EuroStar trains, so Paris and Brussels are only a little more than two hours away. The Kent Student Union offers a Certificate of Volunteering, which is a valuable addition to a résumé. The annual Canterbury Festival includes the Community Opera Project and seeks volunteers for both technical and performance components.

UNIVERSITY OF LEEDS
Vibrant culture, commerce, and style make Leeds the primary social hub of the North and have secured the vote as the U.K.’s most popular student city. The 100-acre university campus is just a ten-minute walk from the center of the city and boasts a sports hall, a 600-seat theater, concert hall/disco, student-run television service, and student newspaper. The university received the Big Difference Award for helping refugee children in the city with English language skills. Volunteers are especially needed for this project.

To escape city life, the impressive Yorkshire Dales and Lake District, with their awe-inspiring scenery and huge selection of outdoor activities and pursuits, are right on Leeds’ doorstep.

UNIVERSITY OF LONDON, QUEEN MARY
The campus is in London’s East End, a multicultural district within easy access of the city center. The location provides the opportunity to study and observe the heart of government, media, business, and cultural activity. Student societies range from Debate to Creative Arts Film and Strictly Come Dance. The Sports Club offers martial arts and mountain climbing amid the more conventional sports. A volunteer program (called Provide) offers one-day opportunities in various fields.

UNIVERSITY OF MANCHESTER
The campus is close to the Peak District National Park and the Pennine Hills, with extensive sporting and recreational possibilities. There is an on-campus aquatics center and the Manchester Velodrome, which is the North’s only Olympic-size bicycle track (open to everyone). Student Action Manchester is the umbrella volunteer group. A number of film festivals take place in the city with international attendance.

UNIVERSITY OF SUSSEX
The campus is located on 200 acres of parkland near the south coast, just a few miles from the seaside town of Brighton, and an hour from London. Project V coordinates student volunteers. Clubs include surfing, windsurfing, skiing, snowboarding, Ultimate Frisbee, mountaineering, and many more. Active groups include break dancing, poetry, circus, conservation, chess, and open mike societies.
EAP STUDENTS SAY...
I didn't realize how much I'd love it here. I bought my airline ticket home for Christmas when I was really homesick, and now I really wish I hadn't. I'd love to stay here for the holidays. I advise students not to be hasty—your homesickness will last only a few weeks and then you will be fine.

It's easy to underestimate the degree to which you will feel foreign. The key is to be honest about how you're feeling and what confuses you. Find people you can talk to and share with. Don't struggle to assimilate entirely or to understand everything you feel. Have patience and courage!

University of Warwick
With a 500-acre campus in the center of England, the university is 20 minutes from Birmingham and only an hour train ride from London. The campus Arts Center is U.K.'s largest outside London, and the campus sports options include rock-climbing, sailing, and scuba diving. There are Olympic-size track facilities. The university hosts the world’s largest student-run international event, One World Week, using the services of 200 student volunteers. A certificate is offered by the Warwick Skills Program for certain volunteer projects. A unique project is the ongoing restoration of Allesley Park Walled Garden, an 18th-century site. Stratford-Upon-Avon, the place of Shakespeare’s birth and home to the Royal Shakespeare Company, is 12 miles from the university.

University of York
The students' union organizes social functions and promotes community action projects, including tutoring and mentoring in the city schools. The university has two student newspapers, two broadcasting groups (including the first independent radio station in the U.K.), choir and orchestra, music and drama societies, three studios for pottery, printmaking, painting, and extensive sports facilities. There are 40 acres of playing fields, the rowing club’s boathouse on the River Ouse, and much more.

The city is a vibrant cultural and commercial center, located on the north/south rail line. Both London and Edinburgh are about two hours away by train. York provides excellent theater, cinema, concerts, and other cultural events.

Scotland
University of Edinburgh
Every summer the city hosts the largest cultural festival in the United Kingdom. Also the site of the 1999 reestablishment of the Scottish Parliament, the city prides itself on being the center of Scottish culture. With rich offerings in music and theater, it has become a European cultural center as well. The university operates the Bedlam Theatre, which is the only entirely student-run theater in the U.K. There is a popular series of on-campus lunchtime concerts with visiting artists as well as student performers. The student volunteer group, Action, posts a variety of openings on its website.

University of Glasgow
Rich in cultural and recreational resources, the city served as the European City of Architecture and Design in 1999. The university Potholing Association is for spelunkers. Clubs include sailing, visual arts, cross-country running, and Ultimate Frisbee (the national champion team).

University of St. Andrew’s
The city is about 45 miles from Edinburgh and 13 miles from the rugged North Sea coast. It is famous for its golf courses and is considered by many the birthplace of golf. Student clubs and societies cater to all interests, including flyfishing and wine and cheese.
EAP STUDENTS SAY...

Although it was scary at first, I was too stunned to be homesick. For the first week or so, I walked around in a daze, listening with fascination to the strange and numerous accents around me. Now, after nearly nine months, I hardly take notice of the accents. Instead, I’ve come to understand how people are alike no matter where they live.

Working and Volunteer Work

Changes to work regulations for international students occurred in 2007. If you want to work or do volunteer work in the U.K., you must obtain a Tier 4 Student Visa before departure. You may apply for any job and can work up to 20 hours per week during an academic term, and up to 40 hours per week during vacation. Do not work for more hours than you are authorized. Immigration will not hesitate to expel you from the country. The Study Center office and the host university will have information on working while abroad.

If you are in a short-term program and obtain a Student Visitor Visa upon arrival, you cannot work or do volunteer work in the U.K.

For further information, contact:

The British Council Education Service at the British Embassy
3100 Massachusetts Ave. NW
Washington, DC 20008-3600

E-mail: enquiries@britishcouncil-usa.org
Web: www.britishcouncil.org/usa
In addition to the following sections, read the Health and Safety chapters of the UCEAP Guide to Study Abroad.

Before departure, review the U.S. CDC Travelers’ Health information website for specific health information for all your travel destinations.

**Medical Treatment**

If you feel sick or have a medical emergency, seek medical attention and contact the Study Center immediately. The Study Center can recommend a clinic to visit, provide advice about the necessary medical insurance claim forms to complete, and help if extended absence is expected. See the Insurance chapter of the UCEAP Guide to Study Abroad.

If you are in the year program, you are entitled to treatment by the National Health Service (NHS). Even though a year program is only nine or ten months long, you are considered a “year” student by the NHS. This treatment is free and generally of good quality. Students sometimes feel that routine matters are handled with less efficiency than they are used to in the U.S., and delay in obtaining treatment is a frequent complaint from the British public. Although the NHS is overextended in its resources, it still offers reliable and conscientious medical care. The training and competence of medical personnel is strong.

If you are in a short-term program, you are not entitled to free treatment by NHS.

Be sure to register at your host university’s student health center soon after arrival. Services are usually prompt and free of charge.

Most routine medical treatment takes place in a “surgery,” which is simply the office where one or more doctors practice. If you require more specialized treatment, you will be sent to a consultant. There is a student medical center at each host university. If you are dissatisfied with the treatment you receive through NHS practitioners, you have the option of using the services of a practitioner in private practice and mailing a claim for reimbursement of expenses to the UCEAP insurance provider.

If you are in a short-term program, you may choose where to obtain medical treatment. Usually, the best option is to go first to the student health service at the host university. If you need further treatment, the student health service can make recommendations about private practitioners, clinics, hospitals, or other care providers. Wherever you receive care, you will pay up front. For example, a visit (regardless of the nature of the illness) to a care provider’s office may cost $115; a consultation with a nurse, $24; a consultation with a doctor, $45; to have a prescription written, not including the cost of the medicine, $22. So, if you visit a care provider, are examined by a nurse who calls in the doctor for further consultation, and the doctor writes a prescription, the approximate cost may be $206, not including the cost of any tests done or the cost of the medicine. These expenses are approximate and subject to change. Be prepared to be charged a fee for every type of service, including completion of forms.
Medical Referrals

It is the student health service that would further refer you to a specialist such as a psychiatrist. Although you might be able to make your own appointment directly with a specialist, this is not the usual procedure. If you are referred to a specialist, then your personal physician or specialist in the U.S. should probably consult directly with the specialist in the U.K. There may be a fee for this consultation if it is done by phone. If you plan to request a referral to a specialist, provide a letter from your health care provider to the student health service. The letter should specify your diagnosis, treatment, and medication. It will be needed for appropriate referral and further medication prescription.

Psychological Health

If you are close to the London area, you can be referred to a consultant psychiatrist at Priory Hospital North London for individual or group consultation sessions with psychiatrists specializing in various areas of mental health. The Priory Hospital is part of the Priory Group, the leading provider of private psychiatric care in Europe.

The UCEAP Insurance Plan covers up to 40 outpatient visits; there is no co-pay and you can make an appointment with any doctor. Call the UCEAP travel assistance provider, Europ Assistance, in the United States to ask for medical referrals.

See the previous section (Medical Referrals) for contact information.
SAFETY

Crime
Most crime in the U.K., as in Europe generally, is directed against property. Pick-pocketing, mugging, and snatch-and-run thefts remain common criminal incidents, especially in airports, restaurants, public transportation hubs, and crowded streets. Take precautions. At all times, keep your valuables, especially wallets, passports, credit cards, and the like, in buttoned or zippered inside pockets, or in money belts or fastened bags. Never leave bags, backpacks, or suitcases unattended, not even in locked cars. Burglary is on the increase in the student residences. Keep room doors locked, and store valuable items in locked drawers or closets if available.

If you take valuable items, such as a laptop or expensive camera, the UCEAP Insurance Plan provides personal property benefits (in addition to health coverage). Read the plan, make sure it is adequate, and consider whether you will need to purchase additional coverage before departure. See more information about insurance for personal possessions in the Packing Tips section of this guide.

Exercise common sense about your personal safety and belongings and do not be lulled into a false sense of security by the perception that Britain or continental Europe are safer than the U.S. Do not carry large amounts of cash and, unless traveling, leave your passport in a safe place in your room.

The Department of State information about road safety in its country information bulletins. Refer to the U.S. Department of State website.

Asian-American students report a significant amount of stereotyping by local citizens (e.g., students are assumed to be Japanese tourists and locals speak a few words of Japanese to them). All Asian-American students report this unexpected behavior.

The U.K. Firearms Act makes it unlawful to manufacture, sell, transfer, purchase, acquire, or possess any prohibited weapon or ammunition without authority. Homicide and armed assault are less common in the U.K. Cities in the U.K. are, by all relevant measures, markedly safer than comparable metropolitan areas in the U.S. The overall level of crime in the U.K. has been dropping in recent decades. In general, the centers of cities, the areas that visitors and tourists are likely to frequent, can be considered safe. Most central-city parks present few risks in daylight hours. But larger open areas, the commons and heaths in and adjacent to major cities, should be treated with caution. In all cases, seek out and accept the advice of local university officials, police, and others with experience in your community.

Demonstrations
Public rallies and demonstrations, common in bigger cities, are usually peaceful and rarely end in violent confrontations. In case of bigger gatherings, there is a possibility of sporadic confrontations and violent escalation. Strikes occasionally occur in the transportation sector and could have an impact on commuters. Do not participate in demonstrations, and remain vigilant when in the vicinity of any demonstrations; if violence erupts seek shelter.
Emergency Contacts

What Constitutes an Emergency?
Emergencies are circumstances out of the ordinary, unplanned, or unexpected, which threaten the health, safety, and well-being of you and/or your fellow students. The following are considered true emergencies:

- Any situation that places a student or students at risk, including illness or harm, or other traumatic incidents that require immediate response
- A student who has been arrested
- Civil unrest or a natural disaster in the host country

In an Emergency
Contact local emergency services first and then contact the following:

If you are in the U.S.
- During office hours (8 a.m.–5 p.m. Pacific Time): Contact the Operations Specialist at the EAP Systemwide Office
- After office hours: Call the 24-hour emergency phone number at (805) 893-4762

If you are abroad
Carry the local emergency contact information at all times:
- If you need immediate emergency assistance, call 999 for Police, Ambulance, or Fire Department
- If necessary, call the emergency number of the U.S. Embassy in London: (011-44-207) 499-9000.

U.S. Embassy in London
Physical Address (GPS & Google maps)
24 Grosvenor Square
London, W1A 2LQ
United Kingdom

Mailing Address
24 Grosvenor Square
London, W1A 1AE
United Kingdom

If you have a health or safety emergency and do not have access to local or Study Center emergency contact information, call the EAP 24-hour emergency phone number.